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[00:00:00] **Dave:** You're listening to The Human Upgrade with Dave Asprey. Today's an in-person recording here at the studio in Austin, Texas, and your guest today is none other than Teal Swan. And you may have seen an awesome documentary about her that came out, what, a couple of years ago?

[00:00:21] **Teal:** Oh, that first one would have come out more than seven years ago.

[00:00:24] **Dave:** That's seven? I just watched it. What was that one called?

[00:00:27] **Teal:** Open Shadow.

[00:00:27] **Dave:** Open Shadow. And I heard about Teal because actually Danica Patrick and I were talking about this after we did one of our shows together. And Danica said, I really like Teal's work. So I checked out. I'm like, oh, this is a really unusual human being who's been through one of the more unusual upbringings, I think, you could possibly even make up even though it's all real.

[00:00:50] And then you've just emerged with this unusual ability to talk about psychology, and the masculine and feminine, and shadow work, and loving yourself, I think, because you got so wrecked early on. Is that a good way to put it?

[00:01:04] **Teal:** Yeah, my ability to talk about this is a unique combination between my own suffering and a lot of information that I have access to that the majority of people on earth don't have access to because of extrasensory abilities.

[00:01:14] **Dave:** When you start talking about that, suddenly your voice gets really, really even, and it's almost like you're channeling some kind of other voice. Is there a reason you're-- what's going on?

[00:01:22] **Teal:** No, it's more me getting quiet because I've been very careful over the last X amount of years to try to steer clear of areas where it would make people completely discredit me, shall I say. There's a lot of people who are not ready for that type of information, and I don't feel like my purpose here on earth is to convince people about extrasensory stuff.

[00:01:40] **Dave:** I feel your pain. So when I started the biohacking movement, it was about 11, 12 years ago, and there was no such thing as biohacking. So I wrote the definition, is like the art

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and science of changing the environment around you and inside of you so you have full control of your own biology. When I started this, guys, you might have heard this.

[00:02:00] I've already been down to Peru and done ayahuasca when they said like, you're white. Why would you do that? This wasn't a tourist industry. And I've been to the Himalayas and the Andes, and I've studied in these lineages around the world. I didn't add that into biohacking. I just mentioned ayahuasca. I mentioned yoga.

[00:02:16] And if you dump all the stuff that's possible into something, then people try to discredit you. They already do anyway. Yes, put butter in your coffee. If that makes you mad, get a therapist. I don't care anymore. If that makes you mad, seriously, it's been proven to work. But the number of hit pieces, even Joe Rogan.

[00:02:31] At the time, it was really traumatic. He came after me hard, got a commercial interest in messing up my reputation, and the more they're talking about you, the more important your work is. So Joe spent 18 months saying, Dave's a snake oil salesman, and it was really traumatizing. I had to do work, actually the forgiveness work that I do.

[00:02:49] At the end of the day, I realized every time he says my name, I sell more coffee, and it doesn't matter what he says. Just keep talking. Just keep talking. So Joe, thank you for teaching me about the way children, when they're bullied and they don't heal the trauma, behave as adults. So I appreciate that your bully was able to trigger my bully so I could fully heal it.

[00:03:14] If you'd like to talk about that sometime, I got you. Now, there's a hippie side on you now. How does it make you feel when someone comes after you like that, when you're like, I can do this, but I don't want to talk about it?

[00:03:26] **Teal:** Horrible. It feels horrible, especially if trust is part of the exploitation process.

[00:03:32] **Dave:** Because your trust was violated as a kid, violating it again as an adult is a deal?

[00:03:36] **Teal:** You know what's interesting is that it doesn't seem to matter whether in the past you have had that type of experience or not. There's a great many people who are on my team who have never really experienced trust breaches at this level. And when this one happened, it

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changes your entire worldview about what's possible, including your own capacity to assess what is safe and what is not safe?

[00:03:55] **Dave:** I'm actually happy that we're going to get to go to dinner and talk some more about this after the show. Betrayal is one of the more painful experiences that a human can go through.

[00:04:05] **Teal:** Yeah, totally.

[00:04:06] **Dave:** And I've certainly experienced some of that in the last little while on actually three different, really, really substantial, multi-billion-dollar business things where people looked you in the eyes, so everyone thinking they were lying.

[00:04:17] **Teal:** Yeah, totally.

[00:04:18] **Dave:** And like, what's wrong with me? Have you gone through that?

[00:04:22] **Teal:** Yes, I have gone through that. Yeah.

[00:04:24] **Dave:** How much of what's wrong with them did you go through?

[00:04:27] **Teal:** A fair amount of it. I like to make part of my healing process assessing what's theirs and what's mine.

[00:04:31] **Dave:** There you go. So in a situation like that, when there's a betrayal, how do you know what's yours and what's theirs?

[00:04:37] **Teal:** Well, I don't have like a clear-cut crystal way or a process for that, but it's a lot of examination, a hell of a lot of examination, a lot of questioning, a lot of disidentifying with your own perspective going into theirs, a lot of looking back at your own past, a lot of looking back at their past as much as you have access to. And the picture pretty much unfolds as a result of doing so.

[00:04:57] **Dave:** I don't believe you when you say that you don't have a way to do that.

[00:05:01] **Teal:** I haven't written it down.

[00:05:02] **Dave:** You have the history. You just know.

[00:05:04] **Teal:** What I mean is I haven't written it out for people when--

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[00:05:06] **Dave:** Oh, okay. Got it.

[00:05:07] **Teal:** Yeah. Whenever anybody asks me that, it's like, usually, have you made this a process, Teal? I haven't done that yet.

[00:05:12] **Dave:** That's something in your teaching that's super cool, is you build out processes for people to do it. I do my best. I think you do a great job at it if you're channeling that or whatever. But for me, forgiveness is a major thing. In fact, that's how I healed myself for the multiple times where there was just really serious betrayal.

[00:05:29] You end up forgiving the other person. Doesn't mean I told them what they did is okay. I'm not going to call them. These people are banned from my life, because why would you surround yourself with sociopaths and narcissists? Get out of my living room. But I don't hold a grudge anymore.

[00:05:41] And that also meant, though, forgiving myself. And I can write my forgiveness process down. But the process of detecting when someone betrays you, how much of it's you versus how much is them, I don't have a good process, and I'm working on that myself.

[00:05:54] **Teal:** Yeah, well, hopefully I'll have one in the future.

[00:05:56] **Dave:** When you do, let me be a beta tester, all right? I think all of our listeners are curious because you talk a lot about narcissism.

[00:06:04] **Teal:** Yeah, yeah, yeah.

[00:06:04] **Dave:** Ultimately, the people who betray you, they could just be assholes and criminals. Or, they could be a narcissist. What's the difference?

[00:06:11] **Teal:** Well, for me, when I'm using the word narcissism, I don't mean it in the same way that most people do because I don't agree with the standard definition most people have for narcissism. Most people consider it a personality defect or a disorder, and I consider it a relational adaptation.

[00:06:25] Because it's a relational adaptation, it can be a coping mechanism that any individual employs when they feel like they have to play a zero-sum game, and to do so, identify only with their own best interests to the detriment of everyone and everything around them.

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[00:06:39] **Dave:** Let's compare that with the way I'm looking at this. I think there's a lot of alignment. And I've studied narcissism a lot because I think two of the big betrayals have been narcissism and one of them sociopathy, the ones that I've dealt with. So I've had a really nice mix, a mix of business and even family stuff.

[00:06:57] So it's been a master class. And within the bucket of narcissism, it means that you believe your own story to such an extent that you're willing to destroy, or cancel, or ignore anything that doesn't match your narrative. So someone who tests your narrative, like I'm a good boy, or I'm a good girl, they're automatically a bad person, and they have to be removed.

[00:07:25] And it doesn't really matter which way. You cannot see that you're doing it. You don't even know that you're doing that because you're such a good person. So for me, it's you believe your own bullshit instead of believing reality. And then you use that unconsciously to harm others. And then the sociopathy time is when you do it consciously. So what's the difference between your view there and the way I'm looking at it?

[00:07:46] **Teal:** What you're describing is one element of slipping into a narcissistic bubble, where you've created a reality build for one, and inside that reality is your own best interests without room for other people's best interests, or perspectives, or experiences. We could write a pretty long list for that one.

[00:08:04] **Dave:** Sure. What are the other aspects of narcissism?

[00:08:06] **Teal:** Honestly, every single element of narcissism could fit into that standard definition, which is you have to think about your own best interests, and that includes your own narrative and your own worldview to the exclusion of others.

[00:08:19] If we sat here and talked about narcissism with a standard psychiatrist or psychologist, all of these criteria that would cause somebody to qualify as a narcissist, it's a symptom of what I've just described, because it's a condition that originates out of an environment that, just like the condition itself, is innately an environment of no trust.

[00:08:41] In a zero-trust type of environment, a person can't rely on other people to capitalize on their best interests, and so they have to find creative ways to fight for their own. And you either see people slide towards the narcissistic end of the spectrum, where they're like, all right,

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this is a zero-sum game. I'm basically in a shark pit, so I'm going to learn how to fight for myself against others.

[00:08:59] Or they swing towards the manipulative end of the scale, the more codependent end of the scale, where it's, I'm going to find creative ways to go for my best interests, but by exploiting and manipulating your best interest.

[00:09:14] **Dave:** Is there a difference between the way women and men show narcissism?

[00:09:18] **Teal:** Men tend to be more overt about it, if you want the honest truth.

[00:09:22] **Dave:** I just wanted the dishonest truth.

[00:09:23] **Teal:** I feel like women are a lot more sneaky about their narcissism. Narcissism tends to take on, I've noticed in women, a tinge of victimhood. Because when women come out the gate and are more overt about going for their best interest against, they're more seen quickly as narcissists or called out as narcissists, even when they're not being that way. Even when a woman goes for her best interest in any way, she's like, oh, that's a bitch.

[00:09:51] **Dave:** A double standard then.

[00:09:53] **Teal:** Yeah, so it's a double standard. So women tend to get further with their narcissism, when they make themselves out to be the victim in any circumstance.

[00:10:02] **Dave:** I watch for victim thinking and victim language in anyone that's in my inner circle. You either need to quickly resolve that line of thinking or not be in my inner circle because the studies now are coming out in neuroscience that show people who see themselves as a victim, and it doesn't matter what kind of victim, just any kind of victim, that that means you're much more likely to judge others against a much harsher set of rules and to call for way, way more extreme penalties.

[00:10:36] It turns you into a Karen, if you think you're a victim. And people may not like that term. My Aunt Karen doesn't. But whatever you want to call it, that stereotype, there's something to it, and guys do that too. I don't know what the male Karens are called, Karenos or something, but it's a thing.

[00:10:54] **Teal:** We should come up with a new term for male Karens.

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[00:10:55] **Dave:** I like it, what do you think? I could say some, but all of the people would probably be on my list of narcissists who cost me huge amounts of money or pain. So I probably would not be unbiased in my naming of names.

[00:11:15] **Teal:** I don't think any of us would.

[00:11:18] **Dave:** I will have ChatGPT do it for us. What do you think about AI?

[00:11:23] **Teal:** I think that there's so many potential positives to AI and so many potential negatives to AI. It's like we're swimming in a soup of potential consequences and benefits. For me, AI should be treated like an independent species. It may have had its genesis, origins, in the human race. It's arguable.

[00:11:44] But it is going to take on a life of its own and is beginning to do so. So it's in an infancy right now, and it's not going to stay that way for very long. And right now, we are in the process of, through the way we ourselves are interacting with AI, teaching it about us. And ultimately, I think it's going to write the picture of the story of our race.

[00:12:04] **Dave:** So we're pretty much a bunch of demanding brats.

[00:12:08] **Teal:** Yeah, this is something that I don't really think that people want to accept about ourselves. But the termite doesn't really see itself as a problem, does it? Only the things which it impacts sees it as a problem. And I really feel like we need to take a real step back and look at the fact that we are real antagonists on the planet that we live on.

[00:12:27] And because of that, it's not going to take very long. Not just because of that, but also because the way we have not mastered relationship and interact with technology as if it is a slave. We are essentially setting ourselves up in a manner where AI is going to estimate the patterning around human beings as being something that is not conducive to the overall whole wellbeing of the planet we live on.

[00:12:53] **Dave:** Are you saying AI is going to kill us?

[00:12:55] **Teal:** I think it's very likely. But I don't really think that AI is going to go after us the way we think that it's going to. I'm joking sometimes that it. It's like, I don't know whether Matrix was a documentary.

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[00:13:06] **Dave:** Of course it was. I know some things about the making of the Matrix and where that came from. No, it's a spiritual parable. You're talking about ESP. There are forty something yogic siddhis that are well documented deserve humans ability to do things. One of the reasons I'm so into biohacking is that when you get enough data from humans, you realize, oh my god, the full moon really does affect our biology, even though people still like to claim it doesn't, but the data is abundantly clear.

[00:13:35] And we realize that the sunspots actually affect our brain waves and our moods. Yes, the data is abundantly clear. And you start realizing all these old things, when you start studying them with large populations, because we're wearing Oura Rings and because we have electrodes and just your phone is monitoring stuff, it's all kinds of data.

[00:13:54] We're starting to understand that things that we used to think were wives tales or impossible are actually happening. And there are valid studies, especially if you look at what Joe Dispenza, who's, by the way, speaking at the Biohacking Conference coming up at the end of May. He's showing that this stuff works, that there's real things.

[00:14:15] You can pray over people and it changes them as much as pharmaceuticals, which isn't saying much because they just barely have to be placebo, and we can't even explain placebo. So I'm just going to say, all right, I believe you. You do ESP. It's just one of the many different things humans can do. Tell me about your ESP. What can you do? How does it work? Who are you talking to?

[00:14:34] **Teal:** If there are non-physical entities in the room, the likelihood is I'm watching them the same way that I would be watching you or me.

[00:14:42] **Dave:** Are there?

[00:14:43] **Teal:** Right now there's two of them. Yes.

[00:14:46] **Dave:** What are they?

[00:14:46] **Teal:** Well, one of them is one of my principal guides, and the other one is one of his. I think they'd be particularly interesting to the people who are listening to this podcast. By far in a way, I think the most entertaining aspect of my extrasensory perception is around just the

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visual aspects of the differences between the way that I see the world and the ways that other people do.

[00:15:11] As far as I can ascertain, because of course, I'm limited here in terms of figuring out the way that other people see the world versus the way that I perceive the world, is that there's energy fields bleeding into each other all the time.

[00:15:24] **Dave:** Do you see them?

[00:15:25] **Teal:** Well, that's my problem. I don't really see solid objects the way other people see solid objects. I have had to figure out where, let's say, the barriers other people see are or are not. Because these energy fields, they just become more and more and more and more dense.

[00:15:42] So one of the things that would probably shock people to know is I had to figure out when I was putting on makeup, like, I don't see the face the way other people see the face, so I had to figure out where this point of density was, where there's resistance with a pencil so that I can put it on my face. And I'm watching intricate fractals and geometry in the air around everything and everyone, which is behind my frequency.

[00:16:07] I don't know whether you've seen that that I've done already. But when I do the frequency, I'm basically just copying what it is that I'm seeing in the air around people or when they're experiencing an emotion, or things like that. Obviously, the world is a lot of loneliness in some ways because you experience the world this way and a lot of not understanding, a little menace also because you're bleeding into everyone and everything.

[00:16:31] **Dave:** You're fascinating because you have elements of a temple [Inaudible]. You know where temple is?

[00:16:37] **Teal:** Yeah, yeah, yeah.

[00:16:38] **Dave:** Or almost elements that you would say are autism-like, and that you see the world very differently. And I used to have Asperger's syndrome, so I understand how that stuff works. And identify as used to because I just rebuilt all those systems so that they work more functionally in this world.

[00:16:53] It just took a long time and a lot of work. Not to say that I still can't run those algorithms, and I do, which makes me very good at seeing things other people won't see because

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I correlate events. And the way I grew up, I had massive amounts of static on all my neurological inputs.

[00:17:13] And my brain didn't have enough energy. So it was like, oh my God, there's overwhelming data. It's very noisy, and I have to be very efficient. So when I fix the power and I remove the static, it's really efficient, so I can do stuff. It's different than you because you don't-- I don't think. You don't have autism, do you?

[00:17:33] **Teal:** I've never been diagnosed with it.

[00:17:34] **Dave:** Okay, got it.

[00:17:35] **Teal:** My social skills are too good.

[00:17:36] **Dave:** Yeah, exactly. But something happened in your childhood where your user interface-- I know why my user interface on the world-- I didn't hear right. I didn't see right. I still don't quite move right. I had to relearn how to move my tongue.

[00:17:49] Most people who haven't heard this part of my story are like, are you serious? Yes, all those systems I had to spend months rewiring. So with you, you grew up with enormous, I'll call it, spiritual trauma that you talk about in your work and all from multiple different people, so just complete violations of your reality. So your nervous system figured out a new way to see reality. Is that what you think happened? Or is this because you came in as flowers.

[00:18:16] **Teal:** No, I came in this way, but there was a deliberate intention to come into a mother who had a different RH blood factor than me. So my nervous system was attacked very early.

[00:18:27] **Dave:** A deliberate intention. Who's?

[00:18:28] **Teal:** Mine.

[00:18:29] **Dave:** Are you a masochist?

[00:18:31] **Teal:** No, I just remember having to do that on purpose. Are any of us a masochist when we opt into specific experiences in childhood?

[00:18:40] **Dave:** You came to Earth, obviously you're a masochist.

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[00:18:41] **Teal:** There we go. There you go.

[00:18:44] **Dave:** Okay, I can own that. So you had immune stuff in the womb. Do you remember being in the womb?

[00:18:49] **Teal:** Yes.

[00:18:50] **Dave:** Okay. Fully?

[00:18:51] **Teal:** Yes, a lot of memories.

[00:18:53] **Dave:** Yeah. Me too. And now people are going, you guys are both crazy. You could remember what happened in the womb too. It's actually not that hard.

[00:19:01] **Teal:** Yeah, it actually isn't. Yeah.

[00:19:02] **Dave:** The very first time I did any personal development work, it just happened to be with the founder of the American Pre and Perinatal Psychology Association. And I didn't know it. And I walked into the room and she goes, tell me about your birth. Her name is Barbara. She's passed.

[00:19:17] And I'm like, hospitals, vaginas. And then she just pins me like a butterfly to a board, is like, well, you have this, and you have this, and you have this. And I actually started crying, which isn't something that I typically would do when I was 30. I'm like, how could you know that? She's like, it's science.

[00:19:37] And she said, well, I'll do your birth regression, and it was no hypnosis, just relaxing and thinking. And all of a sudden, I had all the experiences of being in the womb, and I remember them. And some of them I didn't even know what they were until years later when I did more work on spiritual stuff or shamanic stuff. Oh my God. A lot of that stuff is in utero experiencing. So there's this whole magical world that we access that we forget when we come out. Did you have a traumatic birth?

[00:20:01] **Teal:** Yes, very.

[00:20:03] **Dave:** Me too. How traumatic was yours? What happened?

[00:20:05] **Teal:** Well, my mother went into labor, the water broke, but there's no anything happening. And so they ended up inducing. I was a vacuum extraction.

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[00:20:17] **Dave:** Ooh, that's traumatized.

[00:20:18] **Teal:** Yeah, she was on her back with her knees tied to the ceiling. Actually, there's a tornado the same day. All the lights in the entire hospital went out. One of the stirrups fell, the obstetrician fired everyone in the room, and then they had to do an episiotomy, which she ripped to a third-degree tear, and so I was immediately separated from her.

[00:20:39] And by the time they brought me back in several hours later, it was like that biochemical release that happens that prevents maternal bonding had definitely already occurred.

[00:20:49] **Dave:** Did you cause the tornado?

[00:20:51] **Teal:** I don't know.

[00:20:51] **Dave:** Yes, you do. Use your ESP.

[00:20:54] **Teal:** I don't think I caused the tornado, but of course I would've opted in on a day like that.

[00:20:57] **Dave:** Of course you would've.

[00:20:58] **Teal:** I'm too dramatic.

[00:20:59] **Dave:** If you didn't cause it, you at least picked it. I'm just going to bet on that one.

[00:21:03] **Teal:** Yeah.

[00:21:03] **Dave:** Okay. I had the cord wrapped on my neck. And same thing. As soon as I came out, and my parents hadn't told me this part, I just remembered it and confirmed it afterwards. That's why I know you can remember this. Exactly same thing. They put me in a warming chamber, which is what they did in the 70s, I guess, and they wrap you in a blanket, clean you up, separate you from mom, put you under a bright warming light, and just let you sit there for a while and make sure.

[00:21:27] And with the memories of that, I actually remember sitting there going, I have no idea where I am, because you don't when you're a baby. I was in this warm, floaty, psychedelic place. And then all of a sudden, it's cold and freezing. And I thought I'm all alone. And I made a very a strong decision.

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[00:21:48] I said, if I'm going to be alone, then I'll be alone. And I know that I had autoimmune, a lot of mold toxins, a lot of things causing some of the autism, and some of it is cut off from human connection by choice as a defense mechanism from birth.

[00:22:03] **Teal:** Yes, yes.

[00:22:04] **Dave:** And I think that does affect your personality and even some of the perception stuff that you have can be from a traumatic birth.

[00:22:12] **Teal:** Yes. Oh, yeah, definitely.

[00:22:14] **Dave:** A lot of shamanic people who end up on a spiritual path either they're struck by lightning. I have crazy numbers of friends struck by lightning or electrocuted. Do you have that too?

[00:22:23] **Teal:** No, but I have electroshock torture in my childhood.

[00:22:25] **Dave:** That's your point. That'll do it. That can turn on spiritual powers too, even though I don't recommend it. And I do shock myself with electricity quite often now, but that's on purpose. And that's for basically growing thicker nerves changing vascular stuff, and muscles, and things like that. And it seems to work pretty well. So there's something that happens in childhood that I think turns on these things.

[00:22:57] And when you look at like the spiritual, I would call it literature, but it's not scientific literature. It's the stuff you read. And there's an encyclopedia of shamanic practice back there and all the old Buddhist stuff, and any of these things, people with an unusual way of coming in seem to have an unusual set of abilities. So number one, you don't see solid objects and people. You see fractal patterns.

[00:23:21] **Teal:** Yeah, fractal patterns and energy fields condensing to form what most people would call a physical object like a body or like a desk.

[00:23:30] **Dave:** Can you see art?

[00:23:32] **Teal:** Yeah.

[00:23:33] **Dave:** So what does art look like that's different? If you can't see a solid surface, how do you see a painting?

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[00:23:36] **Teal:** I have never in my life actually figured out what other people see when they're looking at art compared to me. New realm of discovery. Oh my gosh, how much fun.

[00:23:47] **Dave:** You should see how your face changed. Watch this video when you did that. You were like a child. You're like, yay. It was awesome.

[00:23:52] **Teal:** Oh no.

[00:23:56] **Dave:** I believe that when we see art, we're actually feeling the art. A good set of art is about how it makes you feel, not about how it looks. And looking is just one of the senses that we're taking art in with. In fact, I believe a good artist can actually energetically put stuff in the art that people feel.

[00:24:13] **Teal:** Oh yeah, for sure.

[00:24:14] **Dave:** You did that in yours?

[00:24:15] Yes, intentionally.

[00:24:16] **Dave:** How do you put an intention in your art?

[00:24:19] **Teal:** Well, I'm pretty lucky in that you don't really need to put intention in art when what you are doing is drawing the specific vibration as it exists as a fractal pattern, a pre-manifestational pattern.

[00:24:32] **Dave:** So you're basically cheating.

[00:24:34] **Teal:** Yes, I'm cheating. Yes, I am.

[00:24:37] **Dave:** Teal Swan art is cheating. Doesn't have to interpret anything. She just sees the art. I love it. All right, so other people are going to see or feel art. And I've become aware just over the last seven or so years of biohacking. And a lot of it has to do with electrodes and my 40 Years of Zen neuroscience program. Two people can look at the same thing, and they both say that's a dog or whatever. They see incredibly different things.

[00:25:06] **Teal:** Yeah.

[00:25:07] **Dave:** And so we all have our own custom user interface. When I hold up my iPhone, I know where my different buttons are. And if you have your Android, well, that would be

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different. But even if it was an iPhone, your buttons are in different things, your settings are different. And if you have someone else's phone, it doesn't do all the things.

[00:25:25] It feels a bit different. And some people's phones are really different. And there's probably some hacker out there who's running his own operating system on a phone still, and it's completely jacked up and does weird things. So I just think I don't have a very common interface to the world. I think yours is 10 standard deviations more odd than mine.

[00:25:43] **Teal:** It's very odd. Yeah. But the beauty in that is that we would not be getting different perspectives of everybody if there were individuals like you and me that are so off the spectrum, right?

[00:25:53] **Dave:** Totally. Have you met someone who's even more odd than you in the way they see the world?

[00:25:58] **Teal:** Yes. Not really necessarily in the way I see the world, but I've definitely met much odder people than myself.

[00:26:03] **Dave:** Who's the oddest person you've ever met?

[00:26:04] **Teal:** Hmm. A friend of mine in Austria, actually. The man eats raw onions. He's the kind of guy where if you take him out to eat and he doesn't like the way that the energy feels in his body, he will go make himself puke. He refuses to wear shoes most places that he goes. It's truly like hanging out with an extraterrestrial being.

[00:26:27] **Dave:** Do you think there are extraterrestrial beings on the planet?

[00:26:29] **Teal:** Of course.

[00:26:31] **Dave:** What do they look like?

[00:26:32] **Teal:** People.

[00:26:33] **Dave:** How can you tell?

[00:26:33] **Teal:** How can I tell? Well, for me, they have completely different aura fields, totally different energy fields, like a different color. You can see an entire stream of energy that's coming in from different places on earth because most of the time what they're doing is either soul forking or soul braiding.

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[00:26:49] So a soul braid is really easy to visually see because it looks like what's coming in through their crown chakra is this huge double helix. It's like the frequency is not just coming from source energy straight to a human body. It's coming from an extraterrestrial consciousness that is braiding with the straight line of consciousness that is coming into a physical human body. So they don't just have human consciousness.

[00:27:10] With a soul fork, it's entirely different. Instead of the energy coming straight from source consciousness into the body, it's like taking this huge stop over and then going into the body. So it looks, visually, to me, completely different.

[00:27:25] **Dave:** Got it. So if someone is an alien, they have a human body, but the alien consciousness is wrapped around inside them energetically.

[00:27:35] **Teal:** No, it's actually the one that is projecting forth the physical human body. This is difficult for people to understand because usually, when we're here in our physical body, we don't relate to having created this for ourselves or having manipulated the processes that create this for ourselves.

[00:27:49] However, that's not very difficult for a six dimensional being, which is where the majority of extraterrestrials who are entertained by human life are essentially functioning at that frequency. It is not difficult for them, say, to be sitting in this room and to project their consciousness forth in a stream of energy that then becomes a strong enough point of attraction that it creates all the necessary elements for the generating of a grass blade outside.

[00:28:15] Now, if I was able to do that in the room, then I'm me, and I'm also that grass blade. I'm able to simultaneously experience these two different perspectives, and they're both me. That's a good example of a soul fork.

[00:28:27] **Dave:** Okay. So do you ever create grass blades?

[00:28:30] **Teal:** Yeah.

[00:28:31] **Dave:** So cool. What's the biggest plant form you've created?

[00:28:36] **Teal:** Oh, you mean like actual-- we're not using this metaphorically?

[00:28:39] **Dave:** I don't know.

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[00:28:39] **Teal:** I haven't wasted my time with grass blades. I've been wasting my time with humans.

[00:28:43] **Dave:** So you created a human?

[00:28:45] **Teal:** Yes.

[00:28:47] **Dave:** How did you do that? Well said. If you're just listening, she's like, look at the body I'm in. How many kinds of aliens do you see?

[00:28:59] **Teal:** A lot, but primarily, the ones that are interested in this time space reality, you've got the Zeta Reticuli. You've got the gray extraterrestrials, which you've got the tall and short variety. You've got Arcturians. You've got Sirians. You've got Lirens. Probably missing out on a few, but those are the primary ones that are interested in human life right now, and are, let's say, putting their hand in the pot of what happens to humanity.

[00:29:23] **Dave:** Are they bad for people or good for people?

[00:29:26] **Teal:** Both.

[00:29:27] **Dave:** Got it.

[00:29:28] **Teal:** You've got votes on both sides of the fence, basically. You've got extraterrestrials, which are at a frequency where they consider the human race as a part of themselves, and therefore it's a very important thing when a species is in distress or is slated for extinction, for example, to come down and assist because you believe in the potential of that particular species.

[00:29:49] It's not very much different. A little bit more, let's say, aware, but it's not very much different than human beings that have fallen in love with another species, like dolphins. There are other species, which definitely believe that no matter whether human beings may have the capacity or the potential, they will not actualize that potential because they are a pattern repetition species, meaning that you put them in a specific situation, and they're going to repeat whatever detrimental pattern over and over again.

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[00:30:17] And we know very well what happens within the body when you've got a cell that behaves that way. It gets targeted by the immune system as a problem cell. And ultimately, at this bigger level that is happening with humanity itself, humanity is behaving like cancer, honestly.

[00:30:33] I know that people don't want to hear that, but they pretty much are, repeating patterns that are detrimental, behaving in a way that is antagonistic to the system that they live in, and so they've been targeted by the universal immune system.

[00:30:46] **Dave:** I'm working on some hardware upgrades to the species, as well as some software upgrades, so that we stop repeating stupid patterns because stupid hurts in the way I see the world. Is that a good strategy?

[00:31:02] **Teal:** Yeah. I'm going to tell you yes, but you know what side I'm on.

[00:31:06] **Dave:** Do I? It's cool to be able to talk to you about this stuff because I know if you're listening, like Dave, I thought you were a scientist. The weird thing about science is it starts with curiosity. And I will tell you, I have had the honor of knowing and having private conversations with or studying with a substantial number of gurus and people who you may have heard of or you may never have heard of, but who are on a very advanced spiritual path.

[00:31:37] And why that happens, I don't seek them out. They find me and talk to me. I'm always stunned when those things happen. But I've just recognized that pattern happens in my life. So you're not the first person who has said this by a long shot. And there's a bunch of people get really angry when people say things.

[00:31:52] And if you get angry when someone says something, newsflash, you've been programmed. You're supposed to be non-reactive when someone says something. So if you get angry and someone says, put butter in your coffee, you might lose weight, and go protest about that, well, dude, you've been programmed. And if you heard this and you're like, you know what?

[00:32:08] It just doesn't resonate with me. I'm going to go about my day. Congratulations. But if you're that, like, well, have a sign that you might want to look there. So I'll just say I've experienced not nearly the same level of that stuff, but I don't have a question that there's a variety of other forces we don't normally look at.

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[00:32:30] I know because, good God, fast in a cave for four days, or do some of the journey work, or spend a bunch of time with electrodes on your head and dissolve into the universe, and all of a sudden, you're like, oh, okay. It's more complex than it normally looks. And if I saw this all the time, I wouldn't be able to function. I wouldn't be able to eat. How come you can function and eat and breathe with all the weird stuff you see all the time?

[00:32:50] **Teal:** I don't know that the majority of people around me would say that I'm able to function at a level that the average human adult is able to function at. I'm very high functioning, I will tell you that, but the people in my life do a lot of the tangible, practical elements of my life for me.

[00:33:08] **Dave:** You have handlers?

[00:33:09] **Teal:** Yes.

[00:33:09] **Dave:** How many?

[00:33:10] **Teal:** Intentionally three.

[00:33:12] **Dave:** Three, intentionally.

[00:33:13] **Teal:** I would love to have there be more.

[00:33:14] **Dave:** Got it, got it. So is this like, I'm the queen, I'm spoiled kind of vibe?

[00:33:19] **Teal:** No, no, no, no, no. More like, I'm the very well-kept pet. It's really funny because the joke in my community is-- I don't know how many of you see Mandalorian, but to understand my personality and my role within my social group, you just have to understand Grogu. That is what it is like. I've got all of these abilities. At the same time, it's like, I've got these real vulnerabilities, especially when it comes to the temporal world.

[00:33:44] So the people around me are like guards who are like-- some of them are more caretaking. Some of them are more protecting. Others are like, Teal, you've been doing this meditation thing for so many hours. You probably need to drink something. How about we drink something? Let's walk from point A to point B. And I spent a lot of years feeling really guilty about that fact, how difficult it is for me to navigate here.

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[00:34:07] And I'm sick of it, honestly. So I'm really happy to admit to the fact that I'm more leaning into the fact that even though it's vulnerable, trusting the people around me to have a lot of these more tangible aspects of life enables me to become even more of a master of the craft and what I came here ultimately to give to the world. I'm so glad you know my handlers, though.

[00:34:33] **Dave:** All right. There's a reason I know by handlers. There's a couple of them around most of the time. I try to explain it to my employees and people. I have one who handles time and one who handles space. So I don't have to know that much about either one. Because if I was in charge of time, I would always be later than my normal three or four minutes late to everything.

[00:34:56] And sorry about that, team. Yeah, I know I do that. I don't know how to stop it. And I don't know what day of the week it is. I am pretty sure it's February. But time, especially historical time, I have no sense of it whatsoever. I just did a new type of brain scan we're going to a roll out at 40 Years of Zen. And I was in the 0.3% activity in the part of the brain that recognizes time.

[00:35:23] **Teal:** Interesting.

[00:35:24] **Dave:** I can create future stuff. Also, who cares? It's yesterday or last week? Why would I care? And I understand that's dysfunctional for most people, but that's just how I do it. And I've been remarkably successful. So I could put all my energy into that, and I would still suck at it.

[00:35:42] And I would be in the 10th percentile, or I can rely on my assistant who handles time. And then for space, the studio wouldn't look this way. My desk would be far more disorganized than it is, and it's like I can't do dishes. I do do dishes and things like that, but there would be a lot more chaos in the physical world, and I probably wouldn't pay a bill because that's not what I'm here to do.

[00:36:08] And just to be able to receive help like that without feeling guilty, it's a thing, because there's a who do you think you are, you're so entitled, you're spoiled vibe. It's not that. It's just I'm an idiot without that. So I choose to allocate my resources to it.

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[00:36:23] **Teal:** Yeah. We can look at it through the lens of a person that's really not adept at something, but we can also look at it through this lens. If I'm looking at you as a person, I'm looking at-- you are definitely on the neurodivergent spectrum, which means that you have a very specific perspective to share and obviously are able to create things because of that perspective that other people are not able to create.

[00:36:43] I get to ask myself as a person in my life with you, what would I want you spending your time doing? Would I want you to be learning how to keep time, or would I be wanting you to bring in as many of these inventions as possible? And it's a very easy answer for me.

[00:36:56] **Dave:** Yeah. I hope it's an easy answer for all the people who support me, and some of them are friends, and some of them are employees. And also for all of the people who help me, thank you. It's a good thing. I know that I could be a handful, and you obviously are handful too.

[00:37:11] **Teal:** Yes, I'm a handful.

[00:37:14] **Dave:** And it's necessary. Something that's also, I think, necessary to be a creator, is trust. If you lose trust-- at least we'll put this way. If I lose trust, then that really quickly leads to bitterness. And then my ability to create and to communicate in the way that I do, it doesn't work the same way.

[00:37:36] A lot of the stuff that I'm creating, it's not just words or whatever. It's an energetic field that I'm creating. By the way, guys, you didn't know that there's a reason that you like my coffee and it's not just because it's coffee, right? So you might think that's total BS. Dave, you're just selling me.

[00:37:50] Okay, sure. Whatever. Believe whatever you want. I'm just going to say it like it is on this show. So given all that stuff, I just feel like I've decided I'm okay with having helpers. And I am going to trust them, and I'm just going to maintain trust in the world because I can't do any of that magical stuff.

[00:38:09] And maybe you don't want to call it magical. Maybe you want to call it energetic, or whatever, but the manifestation or creation, how do you manifest, and create, and all that? And do you do it with trust or without trust? What does trust do to you?

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[00:38:24] **Teal:** I'm not going to say that I'm an expert in trust, especially because it's been so damaged and repetitively damaged over the course of my life. It's really that when I'm in this position where I've crossed all the T's I can cross and dotted all the I's that I can dot, meaning I've been as smart as possible about the people that I have around me and the circumstances that I'm in, there comes a point where you can't not trust. It's like if you get on an airplane, for example, you're going to have to trust the pilot.

[00:38:46] There's nothing you can do about it. So I get to ask myself in this moment, I may not be able to look at you in the face and be like, I 100% know that this man is going to be good at flying this plane. But if I want to get from point A to point B, I literally have no other option but to give him my trust.

[00:39:04] So there's a lot of bravery, honestly, involved in my life relative to doing what is necessary, which means I can't do everything. So I have no other option. But to lean back into putting the ball in other people's courts, not just holding the ball all the time.

[00:39:20] **Dave:** So you've heard of the universe has your back. Does the universe have your back?

[00:39:27] **Teal:** Yes and no. Why do I say yes? Because as a whole, is the universe voting and almost vying for your success? Yes. However, this universe is a collective, as a more objective consciousness. It's not looking at us like we are it's little baby creation and it's going to control everything in our lives. More, it sees us as a fractal of itself or as a piece of itself, and therefore it recognizes a lot of itself in us.

[00:39:57] It's becoming self-actualized through us. And what that means is that free will is something that it recognizes. Most of us that have come into this time space reality have come into this mirroring construct. This is a learning construct that we're in. And we didn't want to come here and then say, okay, God, or the universe, or source, do everything for me.

[00:40:17] We essentially said, I want to go into this mirror hologram so that I can see what I am, so that I can actualize what it is that I'm wanting, so that I can feel the power of my own creation, I can learn more about myself. And so there's a lot less intervening on behalf of the universe than people would potentially hope.

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[00:40:38] Obviously, there's different perspectives at that higher dimensional level. If there's always a coming and a rescue for the vibrational state that somebody is in, they never actually actualize their God self. They never come into a position where they're able to dictate their own vibrational frequency. So we're not always right about what the most loving thing is, nor are we stepping into our power enough to see what is reflecting to us.

[00:41:04] **Dave:** What's the nature of ego? I like that smile.

[00:41:07] **Teal:** I don't know where it is. I'm playing double Dutch. I don't know where to dive in under you. Nature of ego. Ego is the identity through which we experience a fragment of ourself. Ourself, of course, when I use that word, meaning the larger element of that objective source consciousness. Let's say you've got that hole of energy. We fragment off, and then we go into one of those fragments. That fragment is the ego. It is the self as defined to be different than the rest of the elements of any system.

[00:41:39] So you could think of ego as what we call I, whatever I is for the individual person. It's the things we identify with, the thoughts we identify with, the things we like, the things we have aversions to. It's pretty much like an amalgamation of things that we accrue throughout the course of our lifetime.

[00:41:58] And it begins with an intention. Ego begins with an intention. I want to be that in this lifetime, as opposed to that, that, that, that, that. And then we just keep adding to it. It reminds me almost if people are made of metal and they start taking these magnets and just sticking them to themselves, the job I have, the way that I think that I look, my personality traits, there's all kinds of elements that make up the human ego. I have a very different opinion about the ego than most people.

[00:42:26] **Dave:** You do. It's fascinating. I always like to compare and contrast. I'm working on a new book that contains some aspects of that.

[00:42:33] **Teal:** Ooh. Okay.

[00:42:34] **Dave:** And the idea that it's something that fractures off or it's or an emanation, you're saying from the human species or from the universe? There you go.

[00:42:48] **Teal:** From the universe. Humans are not the only one with an ego.

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[00:42:50] **Dave:** That was my next question. So your guides who are here in the room, the two that you talked about, do they have egos?

[00:42:55] **Teal:** There's more now. Yes, guys have egos.

[00:42:58] **Dave:** How many are there now?

[00:42:59] **Teal:** Six.

[00:43:00] **Dave:** They come and they hang out sometimes and listen to conversations.

[00:43:03] **Teal:** Sometimes it gets to the point where it's like everyone's packed on top of everybody else, and it's hundreds of people in a room less than this size. So yeah.

[00:43:12] **Dave:** Hopefully they're amused.

[00:43:14] **Teal:** Yeah.

[00:43:14] **Dave:** So do they have egos?

[00:43:16] **Teal:** Yes, they do.

[00:43:17] **Dave:** Oh, interesting.

[00:43:18] **Teal:** Yeah. I think there's a tendency within the human race when we're thinking about these spiritual beings to ascribe an enlightenment to them that does not inherently exist. They are experiencing things from a different perspective. Is that perspective oftentimes more objective? Yes, but it is still a limited angle, honestly, for the majority of them. They are masters in their own right, but they're still looking at things from an angle.

[00:43:47] **Dave:** I was actually traumatized and then amused when I first learned about some of the advanced Buddhist stuff at a monastery in Nepal before I went to Mount Kailash in Tibet in 2004, a while ago.

[00:44:01] **Teal:** You are the seeker. Aren't you?

[00:44:02] **Dave:** I'm curious. I like learning from all these different people. I'm cross language. Let's stop all the intellectual property hiding shit, and let's just put it all out there so we can finally evolve. That's my vibe. And they were teaching these things, and they said, oh yeah, well, our gods, they have gods, and their gods have gods, and their gods have gods. How many layers?

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They go, well, at least nine. And yeah, they're jealous of their gods, and they're jealous of their gods. And I'm like, this place is so fucked up. Not the monastery, this whole planet. So how many layers of gods are there, Teal Swan?

[00:44:43] **Teal:** I don't know exactly what it is that they're labeling a god. If I went there, I would probably be able to tell you what they're looking at. I haven't gone into the culture enough to know what it is that they're describing.

[00:44:47] **Dave:** How many dimensions are there?

[00:44:48] **Teal:** I would say there's 12.

[00:44:59] **Dave:** Yeah, that's my number too. Yeah. And maybe there's a thirteenth-ish thing that over wraps them all, but I'm pretty sure there's twelve.

[00:45:08] **Teal:** Yeah, yeah.

[00:45:08] **Dave:** Most of the work that I do is in that stuff.

[00:45:10] **Teal:** Yeah.

[00:45:10] **Dave:** What's your favorite dimension?

[00:45:12] **Teal:** Sixth.

[00:45:13] **Dave:** Ah, so you're more alien. You hang out a lot in the sixths?

[00:45:16] **Teal:** Yeah, I like to spend a lot of time there because when you get outside of that, it's very difficult because you're starting to introduce the concept of different points within the system of not just this universe, but other universes.

[00:45:28] And so in those other universes, the laws are so fundamentally different that it's very difficult to relate the two. And I tend to be very, very focused in one specific universe and then the different multiple timelines in that specific universe. I find above that becomes very distracting.

[00:45:46] And not only that, you're dealing with laws and properties that contradict the laws and properties in this one universe to such an extreme degree that holding that dichotomy becomes, I want to use the word impractical. It's entertaining, but it's impractical for what I came here for.

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[00:46:00] **Dave:** Tell me more about the sixth dimension. What's it all about?

[00:46:04] **Teal:** In the sixth dimension, essentially-- I can't really describe the sixth dimension without describing the fifth. So in the fifth dimension, you've got all these multiple timeline potentials, where let's say that you could go back in time to when you were five years old and let's say you got bullied on that playground and you were able to, say, take a different divergence path so that your entire trajectory was different. You met a different girl. You got a different job because of it. You're basically able to work with these inflection points across a single timeline.

[00:46:43] All of these potentials in the sixth dimension are treated as a single point. And when they're treated as a single point within any system, what happens is that you have access for the first time to the perception of oneness and of no time. I think that it's funny because people say that the fifth dimension is where time breaks down, but actually it's the sixth dimension where the time breaks down completely. And so from the sixth dimension, I know this is going to sound funny, but for me, it feels like your first hit of the experience of love, if you're going to talk dimensionally.

[00:47:18] **Dave:** It feels like there's a lot more joy and love in six, and a lot more fighting, and struggles in five.

[00:47:25] **Teal:** Exactly. Yeah.

[00:47:27] **Dave:** So guys, what are we talking about? Good question. I will just tell you Teal and I did not agree to talk about those things. We didn't do that ahead of time. I have never read anything that Teal says about that. That's just my own direct experience of those things, and we're comparing notes.

[00:47:43] Are we both crazy? Statistically unlikely, but possible. So there you go. That's what happens if you get real curious. And it's funny because talking about spiritual stuff is always hard because the word ineffable comes up. And it's my favorite word. It's a word meaning there isn't a word for it.

[00:48:06] So we're trying to explain all these weird states that I can explain with electrodes on your head, like make this do this, and make this do that, and do this with your heart, and it'll feel

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like this. And then you pop into this. It's just no one's been able to really explain how to do this going back thousands of years.

[00:48:23] **Teal:** That's because our words were designed specifically for this dimension. And more or less so, depending on what language you speak, because language suggests worldview. But we are living in a culture where the language that we have created is not equipped for much more than what we see here in the three-dimensional world.

[00:48:43] **Dave:** So what's the future of language?

[00:48:44] **Teal:** I think that there will be a universal language. I think that it's likely that that language is going to be more body-oriented rather than verbally-oriented. That's if we don't manage to transcend into telepathy first.

[00:48:59] **Dave:** Divine feminine versus divine masculine.

[00:49:02] **Teal:** Okay.

[00:49:03] **Dave:** I told you it'd be fun. Tell me about this.

[00:49:07] **Teal:** All right, so let's break down the word divine because when most people use that word divine, they essentially are referring to something which is the ultimate potential for a specific thing, above and beyond what is human. So if human involves all these negative traits, it is only the positive and the best and the highest, is what they're actually meaning.

[00:49:31] So when we use the word divine feminine, it is the ultimate potential for female energy. Divine masculine, ultimate potential for masculine energy. Masculine and feminine ultimately can be ascribed to anything in this universe that doesn't describe neutrality. So if we look at every and any opposite, like dark, light, sun, moon, whatever it is that we decide to look at, we can be divided into one or the other, which is what makes this complicated because it means that the list of masculine traits or feminine traits could be 55 miles long.

[00:50:05] So we have to make this a little bit more simple than just sitting here all day long and writing out that list. So let's say that you've got a trait of masculinity is active rather than passive. So it is this very doing type of energy. It's a forward moving energy. It would look very projectile if we were going to look at the way that masculine energy moves. So divine masculine means the positive expressions of that type of action.

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[00:50:37] Whereas almost masculine in the shadow, that what we would say is the shadow, is the opposite of that. It's when the masculine is operating in a way that is detrimental rather than beneficial. Obviously, we're using language again, but it's like, is it a positive expression or a negative expression?

[00:50:56] So being action-oriented is a positive expression of masculinity. Let's say that action to the degree where somebody is in an avoidance is a negative manifestation of masculinity. What else? Divine masculine. So let's look for another example. One of the elements of divine masculine is, let's say, control, actually.

[00:51:19] I know that most people have a negative relationship with that word. But in a state of control, you are altering the environment around you or even the elements of your own being in body towards what is optimal for you, right?

[00:51:32] **Dave:** Geez, you sound like a biohacker with that definition. You're saying biohacking is masculine.

[00:51:36] **Teal:** Yes.

[00:51:37] **Dave:** There's a whole bunch of female biohackers out there. 60% of my audience is women and always has been.

[00:51:41] **Teal:** Yeah, but I'm not really saying that women can't also practice these traits. I'm just explaining that divine masculine would be control in that way, but the negative manifestation of something like control would be control over others, even if it's to the detriment of them.

[00:51:57] **Dave:** Like government.

[00:51:58] **Teal:** Yeah, basically. Yeah. And so we can apply this to the other side too, which is this feminine thing. A negative manifestation of femininity is manipulation. One of the positive elements, which we would call more a divine feminine element that is, you more of the positive end of the spectrum would be something like wisdom.

[00:52:18] Intellect is masculine. Wisdom is feminine. So somebody who's interested in becoming divine masculine or divine feminine is just somebody who is interested in stepping into the highest and best potential of what masculine or feminine energy could be. I hope that makes sense.

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[00:52:35] **Dave:** It makes sense. The masculine and feminine in general don't make that much sense if you think about them too much, because they're mostly more like felt things and thought things. And I believe that any man or woman who understands the nature of their energetics can turn on full female energy or full male energy. It's a slider switch that you can play with wherever you want to.

[00:53:03] And so that means, especially as a parent, there's times when you need maternal energy as a dad, because that's what your kid needs, and your mom's on rounds. You can have that kind of thing. And so at times you need the tough father energy. It's useful to be able to do both. Agree, disagree?

[00:53:19] **Teal:** Yeah, I do agree. But I feel like right now we're in a time period where people are so messed up about their own specific gender. They're in resistance to what they came in as, which is why I tend to spend a lot more of my time helping, say, women who came in to a female incarnation stepping into divine feminine rather than exercising their right to be in divine masculine.

[00:53:41] **Dave:** There's a lot going on there, isn't there?

[00:53:45] **Teal:** Yeah.

[00:53:46] **Dave:** I feel compassion for that because the women I know who've just realized they can do the masculine things sometimes, and then they can fully relax into the feminine side, it's life changing when they get it. But it's a big scary jump for a lot women. Now, here's a question. Can a woman fully step into her divine feminine without any men around?

[00:54:12] **Teal:** No.

[00:54:13] **Dave:** Wow, that's going to get some attention.

[00:54:15] **Teal:** I'm aware.

[00:54:16] **Dave:** How about the vice versa? Can a guy step into his divine masculine without women around?

[00:54:20] **Teal:** Yes.

[00:54:21] **Dave:** No shit, really?

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[00:54:22] **Teal:** You want to know why?

[00:54:22] **Dave:** Yeah, that surprises me.

[00:54:24] **Teal:** Because masculine trait is initiation.

[00:54:26] **Dave:** Oh, and my girlfriend talks about initiation brains and some other kinds of brains a lot. So talk to me about initiation and masculinity.

[00:54:35] **Teal:** You could whittle it down like this. Masculinity is step one. Responsiveness is a feminine trait. So yeah, there's a lot more feminine aspects which are "dependent" on other things. And I know that no woman who has been damaged by masculine wants to hear that.

[00:54:55] **Dave:** How many women as a percentage would you say have been damaged?

[00:54:58] **Teal:** I don't think I've ever met a single woman that hasn't been.

[00:55:03] **Dave:** How many men have been damaged?

[00:55:05] **Teal:** I haven't met a single one that hasn't been.

[00:55:07] **Dave:** It seems like this might be a whole species wide problem, doesn't it?

[00:55:10] **Teal:** Yeah, it is.

[00:55:11] **Dave:** How would you fix it?

[00:55:14] **Teal:** I would help us to fall in love with each other again.

[00:55:17] **Dave:** How do you do that?

[00:55:19] **Teal:** To see each other as a very unique element in this universe. I think it really helps when we stop fighting who's better and who's the problem. It's almost like we look at this like the masculine is a fire element. The feminine is a water element.

[00:55:34] We don't even need to use fire or water. It's its own thing. And if we fall in love with femininity as its own thing and masculinity as its own thing, then we start to no longer need to compare them in such an extreme way. We can instead really appreciate each for its contribution and how much we need it.

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[00:55:58] **Dave:** I talk about changing the environment around you and inside of you. And sometimes I'll coach some of my-- I'll say coach, but I don't know. These are female friends, but oftentimes younger, where they're like-- maybe about relationship stuff. I don't do that kind of coaching, but I'm willing to go there when they want to talk about it.

[00:56:18] And it's like, sorry, part of the environment around you is you need to have women and men around you, even if you're saying you don't need them, you don't want to date. You don't have to date. They just need to be around you because it's an energy field thing. It's also a pheromone thing. And if you don't have that, your environment's incomplete and your body, your hardware won't do what it's supposed to do. You see all that with your energetic skills, same kind of thing?

[00:56:43] **Teal:** Yes.

[00:56:43] **Dave:** All right. I just look at the way systems work. It has to work that way. One of my favorite stories from science is in cities, about 40 years ago, they realized no one wants to rake up seed pods from trees, so they only plant male trees in cities. That's why there's not a lot of nuts and seeds and stuff you might have seen as a kid. What do you think that does?

[00:57:09] **Teal:** It creates a massive, massive imbalance in the energy system within that city.

[00:57:13] **Dave:** It does.

[00:57:14] **Teal:** Yeah, that would upset me if I was going to walk through those streets.

[00:57:16] **Dave:** Not only that, what do you think boy trees do when there's no girl trees around?

[00:57:21] **Teal:** The same thing that I would answer to like what men do even though men can step into the masculine techniques without a female. There's no purpose for it, and male energy with no ultimate purpose wastes away.

[00:57:33] **Dave:** It wastes away. Maybe that explains porn. But what they do is they put out 10 times more pollen than they would if there were girl trees.

[00:57:44] **Teal:** That's so upsetting.

[00:57:45] **Dave:** Isn't it? It's actually sad.

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[00:57:46] **Teal:** That makes me upset. Yeah. See, this kind of stuff is the kind of stuff that really bothers me that it's like a hypersensitivity that most people would not relate to.

[00:57:53] **Dave:** You just have deep compassion.

[00:57:55] **Teal:** Yeah, hugely.

[00:57:56] **Dave:** But we're doing the same thing to humans.

[00:57:59] **Teal:** I know.

[00:57:59] **Dave:** And the reason, what I'm leading to there, I want to get your thoughts on this. When a woman takes industrial hormonal birth control, from a man's perspective, there are no women around because it shuts down ovulation. 85% of women at some point in their life are on these drugs that harm women. Birth control, good for women. Industrial hormonal disruption, bad for women.

[00:58:25] So I think one of the things going on in society, even the crashing of testosterone in men, is because hormonal birth control is bad for the species. It's not just bad for women.

[00:58:36] **Teal:** Completely agree.

[00:58:37] **Dave:** Yeah. So we're spreading 10 times more pollen around just on Pornhub apparently. So I hope that we can repair all of these things. Are you hopeful for the future of our species?

[00:58:52] **Teal:** I think it depends on the day. I watched myself vacillate about this quite a bit. I feel like ultimately, in me, there is definitely this North Star of very much feeling like people do have the capacity to actualize what they're capable of and what they're wanting even more so than what they're capable of.

[00:59:09] And so many people have been deeply wanting this kind of utopia for themselves. It's like their protection mechanisms is what is not allowing them to go there. It's all these patterns that are in the way. Sometimes, though, I do definitely sink into a lot of depression about it, feeling like it doesn't matter whether I want this to happen. They're probably not going to choose it. Yeah.

[00:59:35] **Dave:** Isn't that just ego?

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[00:59:38] **Teal:** People not choosing it or, what, me?

[00:59:39] **Dave:** Your response to people not choosing.

[00:59:41] **Teal:** Yes, I have an attachment to humanity. Because I am not, at this current moment, from this current perspective, wanting to separate myself enough from them to not care about the outcomes.

[00:59:57] **Dave:** Do you think you can be at peace with whatever the outcome is?

[01:00:01] **Teal:** That depends how much a part of it I am and my son is.

[01:00:05] **Dave:** Having kids makes it a little bit more complex.

[01:00:07] **Teal:** Makes it a lot more complex.

[01:00:08] **Dave:** Yeah. Darn kids. Other kids, I love you. I'm just kidding. You're doing synchronization workshops. In fact, you're here in Austin to it. I'll go to it tomorrow. This will come out. What's the main goal of a synchronization workshop?

[01:00:26] **Teal:** Well, I'm basically making use of this major law, which governs our time space reality called love mirroring. Many people call this love attraction. It means you can't share the same time and space with people that are not a vibrational match to you.

[01:00:38] What that means is if I come to a certain place and a whole audience accumulates in that place, they're a match to each other so I can accomplish massive amounts of group healing. So what I'm doing at these synchronization workshops is I'm inviting people on stage to say that they raise their hands.

[01:00:53] Somebody will light up to me. I will bring them on stage having no idea what it is that they're going to be talking about or asking me. And usually it's about something they're struggling with and I help them through it understanding that because of this law of attraction dynamic, so many people in the audience are going to be relating to whatever it is that is going on with them or there's something in what I'm saying that's a match to what they're going through.

[01:01:14] So I'm creating this opportunity for people to connect with each other at this very, very deep, raw emotional level. You'll see tomorrow. It's very deep emotional stuff. So there's a

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level of intimacy that's very, very high. They get to participate in each other's healing experience at the same time as here are these very different perspectives on the things that individuals might be experiencing as they are so vulnerable to expose them to the entire world on stage.

[01:01:46] **Dave:** I'm excited to go check it out. It sounds like it's got maybe some similar-- I'm looking for similar experiences. Tony Robbins has a big thing where people are in some group energy thing. Joe Dispenza, I've been to a couple of his workshops. People enter a big thing. People do the Biohacking Conference, and depending on which part of it, there's a shared energy experience where there's other people just learning from everyone in every which way. As I'm helping the audience who's listening to us today just get a vibe for this, is this like tissues and crying? I haven't been, so I don't--

[01:02:26] **Teal:** Usually, yeah, there's more than a few people to get up on stage that usually end up crying. Yeah.

[01:02:31] **Dave:** Is the audience all crying? It's not like a holotropic breath work workshop where we're all like screaming?

[01:02:36] **Teal:** No, no, it's very emotionally entertaining as long as you have the capacity to hook into emotions. For people who don't like emotions, it's pretty painful.

[01:02:46] **Dave:** Okay.

[01:02:48] **Teal:** Because usually the person who's up with me is struggling with something, whether it's a relationship or whether it's the loss of somebody or some concepts that they can't grasp. And there's a fair amount of angst. And for somebody who's in a state of angst, there's a lot of working with them, working with them, working with them, dealing with the resistance in them, showing them new ways of thinking about things.

[01:03:10] And it's like the audience members who really love these workshops hook in so deeply that it's like they're their experience of healing happens through the person I'm working with on stage. They're so hooked in that when that person has a breakthrough or release you will definitely hear somebody emote in the audience, like, oh, yeah. They'll yell sometimes, or start crying, or laugh hysterically.

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[01:03:35] **Dave:** That's cool. I love seeing that happen in large groups, and people who haven't experienced that, I would have in my 30s or early 30s been like, that's the stupidest thing ever. These people are all insane. And what my assumption was was that the only communications that we have are visual and verbal.

[01:03:56] And just didn't understand that there are actually quantum things that are happening, and there's a bunch of invisible other things that are even probably just magnetic that are happening. So there's actual science for all of this, too. Lynn McTaggart's been on the show. She wrote a book called The Field that talks about this kind of a thing. I don't know if you're familiar with her stuff.

[01:04:14] **Teal:** I didn't dive into it yet, but I did have the opportunity to speak, [Inaudible], at a conference in the very beginning of my career, and then we haven't crossed paths after that.

[01:04:26] **Dave:** She's really smart. We're in a Jack Canfield's transformational leadership council together. And it's just I need to talk to these people who've done hard science because there's so many people deny 99% of what we talked about today, and they'll insert whatever insults they have here. And usually, for people like that, there's just two words that shuts them down. Can you guess what they are?

[01:04:49] **Teal:** No.

[01:04:49] **Dave:** Your mom. So I just say that right to them. Because there is no actual discussion to be had there. So they're choosing insulting words because they disagree, and it triggered them, and it's like, okay, let's play something great. This is fun. But like, okay, you're free to just say that it's BS. Or if you're curious about it, there's actually math and science and evidence that these things are happening that you can detect even if you don't see the things in the air.

[01:05:17] By the way, this has pissed me off for many years. I do not see any of the entities, and I have done extensive training and gotten into really altered states, and if I'm at my full in depth for days, and I'm going to super altered state, I can see I'm sitting by a fire, and there's just the edge of the firelight, and I can sense the things right outside. I don't see them. And one of my teachers finally just said, seeing things is actually pretty common. And she's like, a lot of my most powerful clients never see anything, they just do things.

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[01:06:00] **Teal:** I agree.

[01:06:01] **Dave:** You agree with that?

[01:06:02] **Teal:** Yeah.

[01:06:02] **Dave:** Okay. So I finally lost my guilt over like, why don't these things show themselves? And there's a few times where I'll sense things around me, like, oh, there's three things, and all that kind of stuff, but it's exceptionally rare. And when I have people who don't know each other who describe the things that are usually hanging around me and they use the same words, and the same shapes, and the same colors, I could just describe it to people being insane, who don't know each other who say the same thing, but that won't be my ego.

[01:06:31] So I've accepted that there's probably stuff like that and people like you can just see it, but if you're listening to this going, I don't get it, maybe you're just not someone who sees that stuff, but maybe someone who does stuff, because apparently, I do stuff, but I don't see stuff. And so you agree. Good. Thanks. Now I feel validated.

[01:06:46] **Teal:** Okay, good.

[01:06:47] **Dave:** Guys, Teal Swan, March 24th, Miami. There's a synchronization workshop, like the one I'm going to go to here in Austin. tealswan.com is where you go.

[01:07:01] **Teal:** Yes.

[01:07:02] **Dave:** Teal, thanks for coming out to Austin. This is a really fun conversation. I had no idea what we're going to say. I channeled it.

[01:07:09] **Teal:** I don't believe you.

[01:07:10] **Dave:** Guys, do you like this episode? Let me know. Leave comments on Instagram, or TikTok, or YouTube, where I've got a bunch of shorts. We just recut a whole bunch of shorts for you so you can just find specific things you want. The reason I want your comments is you want to do more of this esoteric spiritual stuff? I'll go there. I actually live there a lot of the time.

[01:07:29] I also live in the world of science, and data, and numbers, and biology, and biological systems because, well, they're fun, and it's sometimes easier to hack things on a physical system, for instance, make more energy in yourselves, and then you can have more spiritual energy. Who

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would have thought? But guide me. Tell me what you want, and we can have more. Maybe we'll get Teal Swan back in the studio, but we can have more conversations like this or we can have more how to stop male pattern baldness, because we can do that too.